



MAY

22ND - 29TH

— PLANT MEDICINE AND INTEGRATION RETREAT

MAY 22-29, 2023

KAWARTHAS, ONTARIO

Our reality is underneath the egoic stories...

The richest part of any plant medicine journey is the integration. This is where we deepen the frequencies of the medicine into our beings, creating more profound and sustainable shifts.

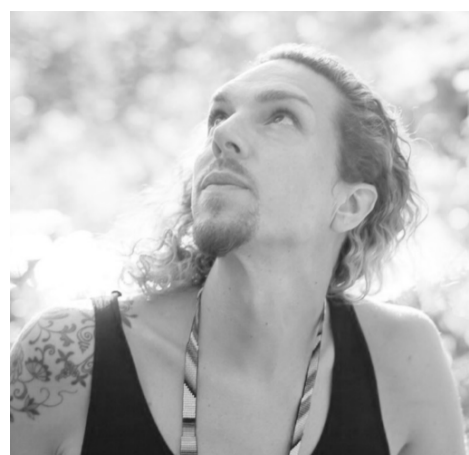
After medicine, the stories and the wounds surface more quickly. Insights may come in a flash, but they stay when we get quiet and witness what comes into view. With assistance, we can bring greater awareness to the stories, creating opportunities to transform them into wisdom, into love. We create the space and safety to allow the energy and new wisdom to penetrate more deeply into our beings, revealing our true Selves. Because we are here to fall in love with our Selves.



Facilitated by:

Antonia

Registered Psychotherapist,
Ayurvedic Counsellor,
Meditation and Yoga Teacher,
Transmuter/Shamanic Healer



Facilitated by:

Marko

IASP Certified Practitioner,
Bufo Initiated 2020,
Trauma Informed PM Facilitation and
Somatic Experiencing Integration

To Accompany you on your Journey...

Marko will be leading your work with PM over the first two-three days of the retreat. He will gently guide you into spaces where we transcend our egoic stories and enter into a place of expansive seeing. We will be journeying with the deep healing and cleansing medicine of kambo followed by the expanding medicine of Bufo Alvarius. More can be found on Marko and these medicines at www.medicinesoflove.com.

Antonia will be walking you through your integration, assisting you as a group and one-on-one. Working psychotherapeutically and energetically for three days after the pm work, she will assist you through your process of expanding awareness and healing of old stories and patterns as they arise in your integration. Antonia will lead you through gentle daily meditations to assist in both raising and deepening the energies in the group. She will guide you through some gentle yoga over the last 4 days to help the body to move energies and detox.

Chantal offers us Yoga Nidra and Restorative Yoga in the evenings to help regulate the nervous system and deepen our inner quiet. Depending on how the group moves and shifts through the week, we may dive into 1 of silence to take our inner journey even deeper.



TENTATIVE RETREAT SCHEDULE

Monday, May, 22nd

4:00 PM - Arrival

5:30 PM - Dinner and Opening Discussion

8:00 PM - Meditation

Tuesday, May 23rd & Wednesday, May 24th

Plant Medicine Ceremony Lead by Marko

Tuesday, May 23rd - Sunday, May 28th

7:30 AM - Meditation

8:00 AM - Breakfast

8:30 - 10:00 AM - Unscheduled Time or One-on-One

10:00 AM - 12:00 PM - Yoga/Meditation

12:00 PM - Lunch

1:00 - 3:00 PM - Unscheduled Time

3:00 - 5:00 PM - Meditation and Group Integration

5:30 PM - Dinner

7:30 - 8:30 PM - Evening Yoga Nidra/Restorative

Monday, May 29th

7:00 AM - Meditation

7:30 AM - Breakfast

8:00 - 9:30 AM - Unscheduled Time

9:30 - 10:30 AM - Debrief and Closing

11:00 AM - Check Out

ONE-ON-ONE SUPPORT

2-3 MEDITATIONS

1-2 YOGA CLASSES

3 VEGETARIAN MEALS



RETREAT INFORMATION

We are staying at a private setting in the Kawarthas with both private and shared accommodations. Vegetarian meals will be provided by our chef on site. Our residence is near woods and a river/canal system where kayaking and canoeing are available.

Please arrive and check in between 4:00 - 4:30 PM on May 22nd.

We will have dinner together at about 5:30 PM, followed by brief introductions and group discussion about expectations and routine.

You will be required to speak with Marko soon after registration in order to confirm and prepare you for your pm journey.

Yoga is suitable for all abilities. Some meditation experience is recommended.

INVESTMENT:

- **7 nights** - \$2,400 - \$3,000 CAD + HST, depending on room selection and availability.
- Rooms include both single and shared occupancy.
- \$700 CAD deposit required to reserve a spot and room.
- Contact Antonia to discuss room options.
- Full Payment is due by May 1, 2023.
- All payments are final and non-refundable.
- Payment Methods: Cash, e-transfer (preferred), Visa or Mastercard. Please indicate at time of registration which form of payment is preferred.

**FOR MORE INFORMATION OR TO REGISTER:
ANTONIA@TRIBETOCOLLECTIVE.COM
OR CONTACT VIA TRIBETOCOLLECTIVE.COM**

*“We may need to feel the agony of our resistance
to achieve the gift of our surrender.” ~Antonia*